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ABSTRACT

A handbook of health issues for college students is presented. Prevention is the keynote, stressing the importance of staying healthy and recovering quickly. Information is organized in a question-and-answer format. The 12 chapters are as follows: nutrition: food as fuel (e.g. acne and diet and daily caloric requirements); exercise: fine-tuning the ultimate machine (e.g. physical fitness and preventing injuries); help yourself: how to cope with some common medical problems (e.g. dandruff and warts); dental health (e.g. cavities and wisdom teeth); emergency: what to do before you can reach a doctor (e.g. the first aid kit and blood loss); infectious disease: what to do when infection strikes (e.g. vaccinations and bronchitis); sexual health: the challenge of being mature (e.g. AIDS and birth control methods); emotional well-being: the key to a happy and healthy life (e.g. managing stress and depression); eating disorders: weight control out of control (e.g. dieting and where to find help); alcohol and other drugs (e.g. marijuana and abuse and addiction); environmental health hazards (e.g. air pollution and X rays); and an ounce of prevention (e.g. bicycle riding and cancer prevention). An appendix provides a series of charts on staying healthy. A glossary is provided. Contains approximately 130 references. (SM)

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